



Blue H - Navy Surgeon General's Health Promotion and Wellness Award (Medical)

NMCPHC - 21 Dec 2009

What is it?

- ▶ Annual award for excellence in health, wellness and fitness activities and policies in Navy workplaces
- ▶ All Navy commands are eligible
- ▶ Reporting period is the calendar year
- ▶ Three categories:
 - FLEET
 - MEDICAL
 - SEMPER FIT CENTERS
- ▶ Awarded annually
 - Basic pennant plus -
 - annual streamer in Gold-Silver-Bronze



Medical-version criteria topics

- ▶ (1) Clinical Primary Prevention Practice
 - (primary care health behavior assessment),
- ▶ (2) Community Health Services
 - (community assessment and support), and
- ▶ (3) Staff Health.
 - policy/risk assessment
 - alcohol abuse prevention
 - injury prevention
 - Nutrition
 - physical activity
 - sexual health
 - psychological health
 - tobacco use
 - weight management.

Why should Navy commands participate...?

► Measures

- Conduct of evidence-based / best practice activities
- Health status of the crew/staff
- Return on investment

► Enables TYCOM-wide and Navy-wide comparison and analysis

► Recognizes efforts and best practices

Who is involved?

- ▶ Primary point of contact
 - (often the HP Director)
- ▶ Commanding Officer
- ▶ Managers of Primary Care Clinics
- ▶ Command Health and Wellness Committee

How to participate

- ▶ Branch clinics may apply separately or under their parent MTF, as determined locally
- ▶ Download instructions, spreadsheet and “sample CO Letter”
- ▶ MTF staff complete web-based HRA at any time during the calendar year
- ▶ Score your activities, policies and HRA results on the spreadsheet
- ▶ In January of the following year:
 - Enter your scores into the on-line, Blue H web-tool
 - E-mail completed spreadsheet and CO Letter to NMCPHC

Success

► BRONZE ANCHOR:

- Every organization that submits a report will receive at least the BRONZE ANCHOR award.

► SILVER EAGLE:

- To achieve the SILVER EAGLE level award, a MEDICAL command must accumulate at least 50% of the total available points for every topic and category and must earn a minimum of 50% of the total available points.

► GOLD STAR:

- To achieve the GOLD STAR level award, a MEDICAL command must accumulate at least 50% of the total available points for every topic and category and must earn a minimum of 80% of the total available points.

Get help

Bob MacDonald
Blue H Project Manager
757-953-0974
DSN 377

<mailto:Michael.r.macdonald@med.navy.mil>

Blue H website is

http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx

